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PREMIERE EVENT

Canal Days in top 100

InPort News Staff

PORT COLBORNE — Canal Days, the city's premiere event, has once again been listed as one of Ontario's top 100 festivals by Festivals and Events Ontario.

see CANAL | Page 2

See Inside: **DUPONT'S
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TOUR: Committee gets tour of working laker

Putting Canal Days into perspective

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — Canal Days committee members were given an opportunity few in the lakeside community get — a tour of a working laker.

"The majority of our committee members have never been on board a ship; we take them for granted," said Kathy Caperchione, one of the committee members.

"When I received a phone call offering a tour, I thought it was a great opportunity for the committee to see a ship; to see what really goes on."

Canal Days Mayor Vance Badaway and other members of the Canal Days committee toured Upper Lakes Shipping's *Canadian Transport*, docked beside ADM Milling in Port Colborne.

see FIRST | Page 3

DAVE JOHNSON Staff Photo

Kim Randell, a first mate with Upper Lakes Shipping and a Port Colborne resident, shows a chart to Kathy Caperchione on the bridge of the *Canadian Transport*, as, from left in back, Patti Stirling and Claudia Walker watch.



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■ CANAL DAYS

Volunteers deserve credit for festival's success: mayor

FROM PAGE 1

Mayor Vance Badaway says much credit for the listing has to go to the countless volunteers that make the event happen.

"It (the designation) reinforces the commitment and dedication of the hundreds of volunteers and city staff who year after year contribute putting the city on the map as a destination of choice for hundreds of thousands of visitors to both the community and the Niagara region."

Badaway is extremely proud Festivals and Events Ontario has recognized Canal Days once again.

The top 100 is a designation created by Festivals and Events Ontario and represents excellence for Ontario's festivals and events industry. Winning the award is selected through a nomination process that included a predetermined set of criteria. Festivals and Events Ontario is a professional association for the festivals and events industry in Ontario providing a network for festival and special event organizers to share information and resources.

Canal Days edged out more than 3,000 other festivals in Ontario to obtain its top 100 status.

Badaway says this year's event, July 30 to Aug. 2, marks the 32nd Canal Days Marine Heritage Festival.

He says the festival has continued to grow from its modest beginnings in the 1970s at Port Colborne Historical Park.

"Over the decades, the event has expanded to include the entire downtown area of Port Colborne, H.H. Knoll Lakeview Park, Lock 8 Park, West Side Arena, Roselawn Centre, and the Seaway Park children's area."

With an estimated 350,000 visitors last year, the mayor says new strategies are being implemented to accommodate the growing number of people from across Ontario and beyond who make the trip to Port Colborne each August civic holiday weekend.

More information about Canal Days and its upcoming activities and concerts will be posted in the near future on the city's website at www.portcolborne.ca.



Vance
Badaway

■ LAKWOOD CAMP: Development clears another hurdle

OMB denies residents' appeal

KAESHA FORAND
InPort News Staff

WAINFLEET — The Lakewood Camp condominium development has cleared another hurdle.

On March 11, Ontario Municipal Board member Joseph Sniezek released his decision on an appeal filed by Leo Bott and Betty Konc on behalf of the Wainfleet Ratepayers Association.

The women had outlined a number of flaws they saw with the proposed development of 35 condominiums on Lakeshore Rd. at the site of the former Easter Seals Camp.

Bott and Konc were upset when they heard the news the appeal was denied.

"(The developers) are allowed to have a communal septic system not allowed by anyone else in Wainfleet," Bott said. "They feel because they will have a filtration system on their well water that they are now out of the boil-water area (BWA)."

"All of us on the lakeshore have filtration systems and we are all still part of the BWA. Not to mention the detrimental effect their water testing had

on existing wells in the area."

Bott has opposed the development since it was first introduced to the township. Konc joined the battle this year.

As a result of an earlier OMB hearing, Sniezek in May 2008 ordered developers to address a "number of loose ends" with respect to communal servicing, lot size, shoreline protection and the development's impact on the environment.

Township planner Chuck Miller said he was pleased the board agreed with the township's bylaw and official plan amendments permitting the development.

Bott doesn't believe Niagara Peninsula Conservation and the Ministry of Natural Resources, the Ministry of the Environment and township council did all they could to preserve the land that once provided a reprieve to thousands of children.

"I fought for my community and, as our mayor recently said at the Port Colborne Valentine meeting last week, fast, we, a sense of community. I never lost my sense of community. I care about my neighbourhood and my neighbours."

■ TASTY: Plant should start sprouting in a couple of weeks

Fiddling with fiddleheads at Norcliff Farms

InPort News Staff

PORT COLBORNE — Fiddleheads should be popping up at Norcliff Farms a couple of weeks earlier this year.

"The weather's been a bit warmer this winter. Fiddleheads usually come up around the beginning of May, but we're looking at the third week in April now," says Barbara Curtis, sales and marketing for Norcliff Farms on Barwick Rd. in Port Colborne.

Fiddleheads are the sprouts of the

ostrich fern (Matteuccia Struthiopteris), a plant that grows in damp wooded areas. The plants are harvested for consumption within a few weeks of the early spring, when they're still tightly curled in a spiral, before any leaves start to appear.

If there are leaves on the stem, the plants are past harvest.

While most people picture farms as sprawling fields with cultivated fields, the fields at Norcliff Farms are wooded areas, cleared of the low-lying underbrush to allow the ostrich ferns

to get established.

With fiddleheads, which have an abundance of protein, iron, magnesium, calcium, potassium and zinc, set to start sprouting, Curtis says Norcliff Farms is holding its annual culinary competition.

Established chefs from across Canada and culinary students from schools across North America have been invited to compete with the plant. A winner should be chosen by April 10 and the recipe should be published as well.

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■ FIRSTTIME VISIT FOR MEMBERS

Tour shows importance of shipping industry

FROM PAGE 1

"Every year when the shipping season starts we all complain about the ships and having to wait for the bridges. But for tourists who come into town, they think ships are the best thing since sliced bread," said Caperchione.

The tour was to give everyone on the festival committee a better appreciation of the Welland Canal and the shipping industry in general.

The mayor and Caperchione also felt it would be good because it would help keep the importance of the marine industry at the forefront when decisions are being made about Canal Days.

Badaway said it would also show how environmentally-friendly and efficient ships are at moving large cargos around the lakes and world.

"It will promote an understanding of how important the shipping industry is to Port Colborne and Niagara."

The tour, Badaway said, would show how people live on ships, how they operate and the various positions on board.

And with captains, deckhands, chefs, mates and engineers retiring each year, Badaway said the tour would show the next generation how important the shipping industry is and that there are jobs in the various fields that will need to be filled.

"The marine industry is important to our city, region and economy. It's what Port Colborne is all about."

He said the tour would help committee members be more effective when talking about Canal Days and promoting the event nationwide and worldwide.

Caperchione agreed with Badaway.

"It will give us all more appreciation for the festival and the fact the marine aspect of the festival is important," she said.

The two women said the tour would be a good opportunity for Upper Lakes Shipping, and the shipping industry, to learn more about Canal Days and why it's important to Port Colborne.

Capricehione said ships are in her blood. She grew up right at Lock 8 in Port Colborne.

"My grandparents owned Armstrong's Confectionary, which was right at the lock. They serviced the ships coming in, selling ice cream and cigarettes and taking care of the mail. The store was there until 1965 and that's where I get my love of ships. I wanted to share that with the committee," she said. Badaway, too, has been onboard many ships, first as mayor and through the family business, George Badaway Marine Food Supply.

"My first time on a ship was when I was four years old. The first time they let me steer a ship I was 25," he said.

While Caperchione and Badaway have been on ships, for most of the committee members it was their first time.

Ganya Evans, Mainstreet development co-ordinator for South Niagara Community Future Development Corp., was excited about the tour.

"I grew up in Port Colborne and have seen ships all my life. It was great to see it from another perspective."

Evans and the others were led onboard by Upper Lakes Shipping's Capt. Kevin Kelly, director of human resources. The first stop was in the officers' mess where the committee members were split into two groups.

One group was taken to the bridge by Kim Randell, a Port Colborne resident and first mate with Upper Lakes.

Randell, who was worked for Upper Lakes for 21 years, showed his group various instruments on the bridge, including radar, GPS and steering control. He talked about the devices used to spot ships sitting in the canal that showed up on a view screen and even pulled out a couple of old charts.

As they toured the bridge, committee members wandered outside to look down on the canal and over toward Nickel Beach and ADM Milling.

"This is wonderful. The view is breathtaking and the technology is amazing," said Evans.

Patti Stirling, first vice-president of Port Colborne-Wainfleet Chamber of Commerce, jumped at the chance to take the tour.

"I was never born and raised in Port Colborne and have never had the opportunity to get on a ship. This is fabulous."

Stirling and the others couldn't believe how long the ship was as they looked down from the bridge. The Canadian Transport, which has a bridge at the stern, is about 250 metres long.

As snapped photos from the ship's bridge, the Clarence Street Bridge, Bridge 21, started to raise. Looking out, everyone could see the Canadian Coast Guard vessel *Griffon* backing up the canal. The *Griffon* stopped at the city's "island" to pick up crew.

Port Colborne Historical and Marine Museum curator Stephanie Powell Baswick took the tour and saw the *Griffon* as it came back underneath the bridge, headed down the canal and out into Lake Erie.

It was the second time on board a vessel for Powell Baswick. She was on the bridge during the 2009 opening of the annual opening top hat ceremonies, but this was the first time she had a full tour of one.

"It was fantastic. It was almost like professional development for me. A lot of the instruments and objects we have in our



DAVE JOHNSON Staff Photo

Gordon Smith, Canadian Transport chief engineer, looks over a screen in a control room. Smith led a group of Canal Days committee members on a tour of the Upper Lakes Shipping vessel's engine room.

collection are things still being used on ships. It was really cool to see them intact."

When talking with the chief engineer, she learned things that date back to the 1820s, including that a gong on the stern and bell on the bow are still in use by ships today, despite the analogies.

While in the engine room, she said, chief engineer Gordon Smith took complicated technical explanations and made them easy to understand.

Smith told one of the groups the ship was in Port Colborne undergoing engine repairs this winter. Part of one engine was torn apart. New pistons were sitting on a table waiting to be installed as crews were working away in the depths of the massive ship.

A brand new barge treatment system had recently been installed. Smith said with that and its sewage treatment system, the *Canadian Transport* is one of very little pollution to the water 14 plies.

"We've been green for years. If we were to pass by a beach that was being closed because of contamination, what we release from the ship would be cleaner than the water at the beach," said Smith.

He said the *Canadian Transport* rarely makes it through the Welland Canal, but it might be through every 2 1/2 to three years."

The vessel usually stays above the Welland Canal, in the Upper Lakes.

"We'll pick up coal in Ashtabula, Ohio, and take it Lambton Generating Station

near Sarnia. From there, we'll head up Lake Huron all the way into Lake Superior to Superior, Wisc., pick up coal there and take it back down to Nantridges," said Smith.

Capt. Kevin Kelly said the *Canadian Transport*, along with sister ships *Canadian Entertainer* and *Canadian Olympic*, were built to carry coal for Ontario Hydro.

But with the provincial government looking to close Nanticoke Generating Station, the ship has turned to other loads such as iron ore and grain.

"We can carry just about anything," said Kelly.

He was glad to offer the tour of the ship and showcase what the marine industry has to offer. Kelly said ships can carry far more than transport trucks can, and do it in a more environmentally-friendly way.

And, he said, the shipping industry is important to the country, to the region and to Welland.

"There's a lot of spinoff industry from the marine industry."

Ship repair companies, such as Allied Marine, work on vessels throughout the year, and companies such as Badaway's supply the marine industry.

Kelly said one area the marine industry will be shown in the coming future is with the oil sands. He said the predicted marine industry worldwide will be short some 40,000 officers and they will need to be replaced.

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Ourview

Shipping industry important to area

Canal Days committee members were recently given an opportunity to view the lakeside community get — a tour of a working laker.

About a dozen members jumped at the chance to take a tour of Upper Lakes Shipping's *Canadian Transport* last week, as it sat docked near ADM Milling.

While some had been onboard lakers before, most hadn't. Upper Lakes Shipping's director of human resources, Kim Kendall, arranged the visit and first mate Kim Kendall, a Port Colborne resident, and chief engineer Gordon Smith led two groups on a tour of the ship's bridge and engine room.

The bridge offered a great view of the Welland Canal and Port Colborne and showcased new and old technology used to make sure the *Canadian Transport* travels safely between ports across the Great Lakes.

The tour of the ship, and the efforts of Allied Marine and Industrial working hard on the engine, showed people how massive and powerful lakers are.

A couple of committee members said residents take the lakers for granted and curse and complain when the big ships cause bridges to go up.

They did, however, recognize that not everyone curses the ships. A few said tourists stop and look on in amazement with the lakes, and others, through the years, the tour they took, to check for themselves the greater understanding of the shipping industry and what it means not only to Port Colborne, but to the region, province and nation.

In Ontario alone, there are 19,000 jobs in the marine industry and it brings in \$200 million as well.

In Port Colborne, 1,000 jobs related to marine industry are in places such as Allied Marine and Industrial, Fraser Marine and Industrial, West Pier Marine & Industrial Supply Inc., B.J. Gillespie Enterprises Ltd. and George Badaway Marine Food Supply.

These businesses carry out all sorts of repair work or supply ships with needed goods.

Jobs created directly through the industry and through spin-off businesses are important to the economy.

And in the future, with many officers retiring, supplying the industry with new blood to carry on, will be extremely important.

In addition to bringing in jobs, the marine industry is one of the more environmentally-friendly modes of transport.

So the next time you sitting at one of the bridges along the Welland Canal, waiting for a ship to pass, take a second to think about it means to the environment and economy.

LETTER TO THE EDITOR

Reader wants to be proved wrong

Tribune, March 12 front page — *No problem with Port water*

Really? Although the 'experts' on the Niagara Peninsula Source Protection Committee do refer to the Walkerton Municipal Water Dept. disaster they don't appear to have read the reports from various expert panels following this municipally inspired failure that resulted in the very questionable Clean Water Act?

The findings of most of these 'experts' concluded that all of Ontario's water and wastewater municipal infrastructures had suffered 'decades of neglect and lack of maintenance' and that it would take 'billions of dollars' to bring those municipal infrastructures 'up to an acceptable standard.'

In spite of the best efforts of some municipalities in Niagara Region they have just not had the tax dollars to even contemplate bringing these services up to any acceptable standard to date.

I would ask both Mr. Neufeld and Mr. Wright to take the time to answer the following questions, based on recent reports published in this very newspaper.

Will they confirm that 100% of the acknowledged old municipal water pipes still in Port's system and in need of replacement have now been replaced?

Will they confirm that some of this was acknowledged, required and/or sampling of raw sewage into the environment by the Niagara Region, including Port's wastewater plants, does not, in any way, impact the environment which is the 'source' in 'source protection' that

LETTER TO THE EDITOR

Such efforts are well meaning

Feral cats.

No one wants to put down healthy cats. However, to catch, spay/neuter and then return to the wild is absolutely cruel. They face the elements, sickness and injury.

Such efforts are well meaning, but there are more animals to consider. Cats kill birds and small animals. Given the chance, they'll take our your cat, too.

This program (The Port Colborne Catneutri Cat Initiative) encourages irresponsible or desperate people to drop

this NPSP Committee appears so euphoric about?

Will they state the same suggestion that the municipalities including Port, are to 'shock' their water with carcinogens(chlorine) levels above those recommended by provincial policy in order to achieve 'acceptable' parameters for water quality, are totally untrue?

Will they confirm that the 30%, and more, of all the municipally produced water in Port, lost before it ever reaches the consumer, yet all paid for by the consumer, as reported by the Ontario Ministry of the Environment and no water is 'lost' in the Port's municipal water system?

Niagara Region's municipal water, including Port's, may be 'good' but I hear many who use it complaining it does not taste good. I have my cistern filled with city water because I have no option.

The smell of chlorine, as my cistern fills, does not fill me with confidence and the taste from the tap, after being filtered, is not something I subject myself to. We buy bottled water.

'Beauty is in the eye of the beholder' and it concerns me that the comments of 'experts' seem more and more based on pretending that everything is fine for no other reason that it allows them to continue to peddle their expertise regardless of whether it reflects the real world and reality?

I would love to be proved wrong.

Andrew Watts
Port Colborne

SUBS AT SEA: Proposal is disconnected from reality

Pooling British and French 'boomers'



Gwynn Dyer
THEWORLD

As a general rule, we should all encourage and support international cooperation. Once in a while,

however, a proposal comes along that is so disconnected from reality that you check the date in case it's April Fool's Day. There is now such a proposal on the table.

The French government, according to a report in the *Financial Times* on March 19, has suggested that France and Britain pool their ballistic missile-firing submarines ('boomers'), in effect merging their nuclear deterrent

forces. This would allow some savings on operational costs, since at the moment each country always has at least one "boomer" at sea.

Under the French proposal, they could just keep one submarine at sea, fully loaded and invulnerable in the mid-ocean depths, ready to retaliate against an attack on either Britain or France.

see COLD WAR | Page 5

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■ COLD WAR ENDED 20 YEARS AGO

It's the classic logic of deterrence

FROM PAGE 4

That would leave the other crew, safely ashore, plenty of time to contemplate the huge cost of weapons that strategy would bring.

The whole policy of always having one boomer at sea is a left-over from a different era now.

During the Cold War, when countries worried about the other side launching a nuclear Pearl Harbour, it made sense never to have all your missile-firing subs in port where they could easily be destroyed.

It's the classic logic of deterrence. If the other side has a policy that at least one submarine will survive, and shoot back with dozens of unstoppable nuclear warheads, then it won't attack in the first place.

That's why Britain has four "Vanguard" class boomers and France has three "Triomphant" class boats with a fourth building; so there will always be one to stand guard.

However, the Cold War ended almost twenty years ago. No great power lives in fear of an attack from any other.

Neither Britain nor France is within range of any of the non-great powers that have or are alleged to want nuclear weapons, like North Korea or Iran.

Why don't they just leave the boats in harbour, maybe taking one out for a training cruise from time to time? But if Britain and France insist on maintaining these patrols, then they have to realize that one submarine cannot provide cover for both countries.

The idea was apparently discussed for the first time when President Nicolas Sarkozy visited Prime Minister Gordon Brown in London in March, 2009, but it's not likely that either man really understood the theory of deterrence.

So here, for their benefit, is a potted version of the strategy.

Let's suppose that it's a British submarine out on patrol, and some evil country states France with nuclear weapons, eliminating all of France's boomers in port.

Does the British submarine retaliate with its own nuclear weapons, knowing that to do so means that Britain

may also be attacked by nuclear weapons?

If I were French, I wouldn't trust British promises about this. And if I were running the civil court in question, I would likewise doubt that Britain would be willing to fight against me on France's behalf, knowing that I might then hit British cities too. So deterrence fails, and all that money was wasted.

Soon after Sarkozy met with Brown in 2008, he said in a speech in Cherbourg, "Today, in the 21st century, in the Kingdom, we have taken a major decision. It is our assessment that there can be no situation in which the vital interests of either of our two nations could be threatened without the vital interests of the other also being threatened."

Five words, but not true.

In practice, when Britain has to choose between its loyalty to the European Union and its instinct to go with the United States, it almost always chooses the latter option.

France has always had less faith in American power than the US willingness to fight a nuclear war in Europe's behalf, which is why it spent all that money over two generations to build a truly independent nuclear deterrent force.

The British nuclear deterrent force is different, since the missiles it uses have been around since the 1960s.

There is no formal US veto over the use of the missiles that are in British submarines, but those missiles are only leased by Britain and belong to a pool of missiles that also supplies American boomers.

A similar model is in a British submarine that is in a British submarine that is in a British submarine that is in an American one in its next service cycle.

The French navy must be furious at Sarkozy for offering, in effect, to combine their genuinely independent nuclear force with a British deterrent force that is very closely tied to the United States.

For the French, the British navy doesn't like the idea of job-sharing either, and can be counted on to resist, undermine, and ultimately kill the idea.

The astonishing thing is that it ever got out into the public domain at all.

■ IDLED: Company, with Port Colborne location, restructuring

Temporary layoff at Pinty's in St. Catharines

QMI Agency

ST. CATHARINES — About 120 unionized employees at the Pinty's Delicious Foods facility on Seapark Dr. in St. Catharines are on temporary layoff.

The plant — a chicken foods

processor — is currently "on idle," said Luc Lacelle, of the United Food and Commercial Workers Local 173, which represents workers there. The layoffs affect 120 people at a corporate office in January and March.

Lacelle said the Burlington-headquartered company is

going through a restructuring.

By early next week, the status of the plant and layoffs should be clearer, he said. "There are certain things that are happening right now, I can't say more."

Pinty's also has a chicken processing facility in Port Colborne.

Ask the HEALTH EXPERT

BRAD KING, M.S., M.F.S.

High Performance Proteins:

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The secret to an incredibly super charged metabolism can now be revealed in three simple words: High Performance Protein—which is a new generation of whey protein isolates that deliver incredible health benefits to your body. The advantages of achieving a strong metabolism extend far beyond just your ability to control your weight—other benefits include:

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■ TALKS: Council debates budget for three hours

Wainfleet shaves its spending

KAESHA FORAND
InPort NewsStaff

WAINFLEET — Wainfleet's budget has been reduced to a 3.25% tax hike, and that means the township can't provide Port Colborne with its full grant request to help fund physician recruitment.

Monday morning, township council and staff convened to discuss Wainfleet's proposed \$3.8-million budget, which would have seen residential property taxes increase 5.12%.

After hours of talks, they were able to trim the budget by \$63,500 from the budget. On an average home assessed at \$198,000, the 3.25% hike works out to about \$40.40 more in local taxes this year.

Aldermen agreed to cut \$25,000 from spending and believed contributing \$46,000 to Port Colborne's physician recruitment was too much considering the township doesn't have a doctor or nurse.

The physician funding was requested Monday by Port

Colborne CAO Bob Heil, who said both municipalities have been forced to focus on health care now more than ever to ensure residents receive services they need.

"It's been a lot of time and a half we have been aggressive," he said. "It is a lot more in Port Colborne than it has been in other communities."

The city has recruited three new doctors in the past year, and with that comes a big price tag. Port Colborne's physician recruitment rates have soared from \$18,000 in 2006 to \$94,000 in 2009 to \$170,000 this year, which also includes incentives for physicians and funds to cover their capital costs. Physician recruitment costs Ferndale have paid to work 24 hours per week, but Heil said she works about 50 hours a week to ensure doctors want to practise in Port Colborne.

Wainfleet's contributions have been \$2,500 in previous years. Heil was asking the township to chip in 25% of Port Colborne's physician recruitment budget — a figure aldermen had a hard time accepting because a large portion of Wainfleet's residents have physicians in neighbouring municipalities.

"I'm still very supportive of the work in Port Colborne," Mayor Barb Henderson said, but while adding, "My con-



Bob
Heil



Barb
Henderson



Ted
Hessels

cern is that all of these initiatives are in Port Colborne."

Ald. Ted Hessels said he believes physician recruitment costs are "spiraling out of control," and wondered when enough would be enough.

Heil responded: "We are trying to contain the costs. Eighty thousand dollars is for recruitment, the rest of the \$90,000 is for the continuation of payments."

Heil said discussions are underway to establish clinical services in the township, and noted Port Colborne staff are the ones working on it.

Council conceded the township needs to contribute more funds and agreed to contribute \$7,500.

During other budget discussions Monday, council legislated a \$100-per-vehicle cost for the purchase of equipment if it walks in the implementation of the HST on July 1, and rebates to follow. Operations director Greg Wuisman saw no reason they couldn't wait until July 1 to purchase big-ticket items.

Hessels questioned the need for a \$20,000 GPS tracking system for township vehicles, to which Wuisman responded it would be beneficial to see where snowplows responded and identify which roads have been cleared.

Fire department rates increased to provide more money for firefighter pay rates, bringing the volunteer service's budget to \$442,096.

The roads department eats up 42% of the township's budget — nearly \$2 million. Recreation department spending was cut to \$218,082 from \$228,398 in 2009.

Wainfleet Mayor Main said the cuts should also pay close attention to increasing its reserve.

Alds. Evan Main and Rudy Warkentin wanted to see the municipal tax increase below 3%, while Ald. Ron Kramer, Henderson and Hessels accepted the 3.25% figure, ratified by a recorded vote.

The final revised budget could be ready for final approval at the April 13 council meeting.

kforand@wellandtribune.ca

"I'm still very supportive of the work in Port Colborne," Mayor Barb Henderson said, but while adding, "My con-



INPORT NEWS

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Celebrating 3 Years

■ APPRECIATION: Heart and Stroke Foundation honours volunteers



DAVE JOHNSON Staff Photo

The Heart and Stroke Foundation recently honoured its volunteer of the year and canvassers. Volunteer of the year Ellen Roesch, who has been canvassing her Helen St. neighbourhood for 21 years, couldn't attend the event. In the photo, back row from left, are Susan Chouinard, Heart and Stroke Niagara Region area manager, Marci Lunt, person-to-person campaign co-chair, Mary Nan, Lois Clifford and Katie McNamee, Heart and Stroke Niagara Region program co-ordinator; front row from left, Lynne Goulet, person-to-person campaign co-chair, Bonnie Johnston, Erin Holloway and Jean Willie.

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As a matter of fact, very few of us eat enough fish. The health benefits of eating fish, particularly oily fish, rich in omega-3 essential fatty acids (EFAs), is very compelling.

Fish oil has been shown to reduce the risk of heart disease, cancer, Alzheimer's and dementia. Fish oil has also been shown to help relieve depression and arthritis, assist in fat metabolism and promote younger looking skin. The Japanese, the world's largest fish consuming nation, know all about these healthful benefits. Japanese people experience the lowest rates of heart attacks in the world and they have very low levels of obesity.

Fish oils are derived from the fat of deep-sea, cold water fish and are a natural source of Omega-3 EFAs. Omega-3 is an essential nutrient needed to help maintain a healthy brain and nervous system. Fish oils contribute to healthy heart function and joint flexibility as well as supporting brain, nerve, and visual function.

There has been a great deal of research and a lot of recent media coverage about the healthy benefits of Omega-3's. DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) are the active forms of Omega-3's. They are two long-chain Omega-3 EFAs that are used by the body to help control inflammation and maintain the brain and nervous system. A premium fish oil naturally supplies these important Omega-3 fatty acids.

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Vitamin Supplements and Herbals

Contrary to popular belief there really is no magic pill. Many people come in search of the right vitamin, or supplement, hoping it will help them sleep better, feel better, or perform better. Unfortunately there really aren't any magic supplements that can cure all that ails you. Even prescription medications are limited. They can lower your blood pressure or your cholesterol but no pill is going to fix everything.

People want to take herbs because they feel a natural product is "safer" for them. This is not necessarily true. Whether you are taking a prescription medication or a natural product you are putting a chemical in your body which can alter your body's chemistry. As such you are subject to the effects of the medication either good or bad.

Pharmacists are not against herbal products. Many of them have evidence to show they can provide some benefit. However, not all herbs and natural products have undergone standardized testing to ensure that they only contain what's on the label. It has even been shown that some products contain very little of the ingredient they are being sold for. As a consumer it is important you educate yourself regarding which manufacturers have their products tested, and which companies conduct clinical trials to ensure their products are safe and effective. Some companies now have an NPN number on their products. This number serves as notice that their products have been tested and contain what is claimed on the label.

As far as supplements are concerned the best thing to do is follow the Canada Food Guide. A well balanced diet can provide you with all of the vitamins and nutrition you require. The few supplements that may be worthwhile to purchase are Calcium and Vitamin D. Even with a well balanced diet most people do not get enough of these. Recent studies show that almost everyone has a vitamin D deficiency. New evidence shows that vitamin D is important for bone health as well as preventing some cancers. It is also important to make sure you are getting enough Omega 3's (DHA and EPA). These supplements are linked to both heart and brain health. Again, they are deficient in most people's diets.

If you are interested in taking a supplement or vitamin consult your doctor or pharmacist. Many times you don't need to spend the extra money. If you would like to take an herbal product do as much research on the company as possible. Ask your pharmacist about safety and reliability. Herbs can interact with your prescription medications and cause liver and kidney toxicity. For example St. John's Wort can affect the birth control pill, and melatonin can increase blood pressure. Many herbs can also interact with warfarin, and could be dangerous for some people to take.

It can be confusing with media and advertising if you should be taking a supplement or herbal product, please come and talk to a pharmacist if you have questions about these types of products.

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■ ACTIVITIES: Not just a club for anglers and hunters

Conservation club could use some more helping hands

DAVE JOHNSON
InPort News Staff

PORTE COULBRE — While Port Colborne and District Conservation Club may be best known for its annual 444 International Bluebird Box Count, club president Chris MacEachern says the club does other things people may not be aware of.

"There's this perception that we're just a hunting and fishing club. We're people who enjoy the outdoors," he said.

While many members are hunters and anglers, MacEachern said the club carries out several projects as planned, including cleaning up roadside garbage and operating a walleye hatchery.

During next week's March Break, a group from Community Living Port Colborne will be at the club, located on Second Concession in Port Colborne, to help make bluebird boxes over a two-day

period.

"Once these boxes are built, we'll put them up with the help of girl guides or scouts from around the area," MacEachern said.

He said the boxes are designed specifically for bluebirds — a group of medium-sized, mostly insectivorous or omnivorous birds that only work boxes put up on property owned by a friend of MacEachern's. The attract the birds and within days they were nesting in them.

In addition to the bluebird boxes, club members take part in roadside garbage cleanups. Photos on the wall of the club house show a huge mound of garbage picked up along the roadsides in the Port Colborne area of Port Colborne. The pile was so huge, a front-end loader was needed to pick it up. Included in the garbage was household waste with things such as bills and information on homeowners who tossed their waste in that location.

MacEachern felt like calling up some of the dumpers and asking them why they tossed their waste there.

While picking up garbage and making bluebird boxes are some of the activities the club undertakes, it's also known for its walleye hatchery. The hatchery garnered the club a conservation award from Niagara Peninsula Conservation Authority.

Each spring club members work with the Ministry of Natural Resources and conservation clubs in Dunnville and Fort Erie to conduct electro-fishing for walleye on the Grand River at Dunnville. Stunned fish are captured and quickly measured, weighed and measured before being released above the dam at Dunnville to spawn in the upper river.

While carrying out this work, walleye eggs are taken from spawning fish and brought back to the Port Colborne club's hatchery. After 21 days in the hatchery, the fry are released.

"Eight weeks later we drain the pond and take the fry to be released into Welland River," said MacEachern, adding the young walleye are released in various parts of the river each year.

Walleye and other native fish are making a comeback in the area, the club's acting president said. After years of pollution, the river was nearly dead when it came to native fish species. But with cleanups undertaken over the years, the river is healthier and species like walleye, bass and even muskie can now be found.

"This is why the hatchery is such an important part of the club," he said.

MacEachern said Walter Oster and John Howard of the Canadian Sportsmen Show gave the club \$5,000 last year to help with the hatchery. The funds were used to buy a trailer, new carrying cubes and an oxygenator to ensure the walleye fry survive the trip from the club's pond to the Welland River.

MacEachern said when the club drains the pond, children gather around to see



Chris MacEachern

frogs and turtles that also call the pond home.

Attracting new members and the young is also a goal of the club. "It's hard to get people interested in the club, especially teens and children. But once they come out, they really like it. It's not expensive to join and there's a lot of things to do here."

Young members can take part in trap and skeet shooting, use a bow and arrow on the archery range or travel trails through the 25-acre property. Air rifle matches take place at the club, one of the few places in Canada where the activity takes place.

"We'll be hosting the Canadian Airgun Field Trap and Association Nationals on July 10 and 11."

MacEachern said new members would help breathe some life into the club which was formed in 1954 and incorporated in 1959.

see NEW | Page 9

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■ NEW MEMBERS NEEDED

Club members very dedicated

FROM PAGE 8

"We've lost some of the founding members and our membership is getting older."

There are currently 70 members in the club right and MacEachern said there's never really been a great influx of new ones. "The members have been very dedicated and have a lot of knowledge and experience that is fading, but could be

passed down."

While learning from the current members, newcomers could help cut down the workload of club volunteers for such events as the 44th tournament, the club's biggest fundraiser. Money raised from that event helps the club pay expenses like property taxes and electricity.

"The community has always been very

good to us, especially when it comes to the kids derby at the 444."

MacEachern recently sent out a number of letters across the community asking for sponsorship of the event. Of 125 letters sent out last year, he said approximately 30

replies were received.

"I realize people get so many requests for help."

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President Howard Augustine (left) receives refund cheque from Vice-President Brian Hessip (right) at Bertie and Clinton's head office.

Bertie and Clinton is a local Mutual Insurance Company that specializes in providing farm insurance to its owning members. By insuring with the company, you can also become a part owner and have a voice in how the company is run. Recently, the company declared a refund from surplus of 20% on property, liability and automobile premiums paid in 2009. Approximately \$1,000,000.00 was refunded to the policyholders provided they had been insured for at least one year and their policy was in force at December 31, 2009. Bertie and Clinton has declared a refund from surplus in fifteen of the last nineteen years and has provided insurance for Niagara Peninsula residents since 1880.

The company is run by nine directors who are elected by the policyholders at the annual meeting. Each of the nine directors are elected for a three year term, with three being elected each year. At the annual meeting held March 16, 2010 Howard Augustine of Wainfleet, Larry Hippel of Beamsville and Dominic Ioannini of Niagara Falls were elected for three year terms. Howard Augustine of Wainfleet will serve the company as President for 2010-2011 and Brian Hessip of Wellandport was elected as Vice-President. Keith Hallborg of Welland is the Secretary-Manager.

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■ THE HUB: A place for everyone

A youth-friendly spot in the city



George Dunn
BY GEORGE

For years, the lassies in town for young people decided something like this: "There's nothing to do in Port Colborne." With four 20-somethings in our blended family, we heard it often during their younger years and, for the most part, it was true.

For young people not particularly into sports, finding meaningful extracurricular activities within the city's boundaries was tough.

Oh sure, both high schools had excellent theatre and music programs, but what about after hours?

Thanks to the folks at St. James and St. Brendan Anglican Church, that has changed over the past two years.

When St. James and St. Brendan churches amalgamated in the summer of 2006 and the decision was made to sell St.

Brendan and keep St. James, the congregation knew it had to invest some money and work on the St. James and Guild Hall buildings. Rev. Robert Hurkmans had been the minister at the church since June 2006, when he moved here with his wife, Sally. They have three girls, six, three and one.

Rev. Rob, as folks around town affectionately call him, and the Guild Hall renovation helped out the church in summer 2006.

"Part of that was we converted the old nursery at the back into this kind of storefront cafe. We wanted it to be a youth-friendly spot in the city."

The Hub was born, providing young people with an accessible and convenient facility. Rev. Rob had the idea to "create a meeting space," Rev. Rob says.

"We wanted a place where young people could come and share ideas about music, art, faith, anything they wanted."

Port native Aaron Moore became involved with the new digs as manager and helped come up with a name and a logo, broadening the concept.

Aaron, his friends and his family helped get the Hub name out into the community and helped create a buzz for the place.

When Aaron stepped down last year after about a year, Rev. Rob and the folks at St. James realized they needed to take the next step. "We had to move from awareness to programming," he explains.

There were other issues to take care of. The Hub's hours were sporadic, dependent on the availability of volunteers. The hours need more consistency.

Along came a group of women from the church came forward and took over running the facility as a morning cafe each day from 7 a.m. to 11 a.m., serving breakfast. The money they made went to Youth Outreach.

"We've always looked at The Hub as being a place for everyone, not just outreach to youth," Rev. Rob explains.

Later last year, LakeBreeze Bed and Breakfast owner Gloria Simon came along with her friend Patti Stirling to help us run it like a business," Rev. Rob says.

Gloria says she became a Hub fan after "let them know what we knew on what you were doing there, keep it up."

Gloria is responsible for the annual Port Colborne House Tour, where a number of city residents open up their homes for a day to allow others a glimpse. This year, she turned the event into a fundraiser for Youth Outreach. It raised more than \$39,000.

The money allowed the church to hire an individual to work each day from 3 p.m. to 7 p.m. and create an after-school drop-in

centre.

"We had to find someone who had a passion for working with kids," Rev. Rob says.

After receiving resumes from "lots of qualified candidates," the church interview committee members realized the best candidate was already in their midst.

Jennifer Fernandes, a Hub volunteer, was their choice and she accepted her new job this past fall. "I think Rob and his baby step will turn to bigger steps soon."

"We're really in our infancy in terms of programming. We're only three months into it, since [it started]."

But already there was a full slate of activities during last week's March Break. And just a few more to come.

"There will be different activities I'll run through the year. We'll have yoga once a week for four weeks, art once a week for four weeks, those sorts of things."

The after-school drop-in centre sees about 10 pre-teens and teens come each day. On top of the planned activities, interests and homework help are also available.

Rev. Rob says the key to the Hub's success will come in the form of community partnerships. For example, two Port High students, Chace King and Annie Salvage, last month put together a concert entitled Haiti-Stock at The Hub.

see MOVIES | Page 11

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■ MOVIES SCREENED REGULARLY

FROM PAGE 10

The pair hoped to raise \$1,000 to support Free the Children and its relief efforts in the earthquake-ravaged Caribbean country. By the end of the Feb. 13 evening, Chace and Annie had raised more than \$2,200.

Jen says that's exactly the kind of partnership arrangements The Hub wants to see more of.

"For example, we're in Stock," she says, "we provide the space and help with the advertising. The partnered group does the rest."

While there is still work to do to get The Hub and Guild Hall where all involved want to be, Rev. Rob says the hall is rolling.

"Three things happened. We had a woman in our church — Marie Butt — who wanted to see local artisans here on Friday mornings, during Market Day. She wanted to do it and she ran with it."

That's been a huge success. Each Market Day the hall is packed with artisans.

"Then there was the cafe idea. It's a work-in-progress but definitely on the right track."

"And finally, there's the cinema idea. (Movies are screened regularly in the hall). But Sheh has done a great job with that. All three initiatives are headed in the right direction."

Rev. Rob gazes ahead for a moment and thinks.

"You know the idea of 'third space' is well established. They're those places that are not secular and they're not faith-based. That's what I see us as."

"The Hub is a good name. That's exactly what we would like to be."

"We would like to have the spokes move out into the community and have the community become connected to the hub." So far, so good.

For more information on The Hub and its activities, please call 905-834-6595. The Hub also has a page on Facebook.

• George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at: gduma@cogeco.ca

george.duma@niagaracollege.ca

■ **NO LANES IN PORT:** Group takes home 19-pin tournament championship

Port bowlers roll their way to 10-pin title

ALLAN BENNER
InPort News Staff

WELLAND —Port Colborne doesn't even have a bowling alley these days since Ago Midtown Bowl on King St. closed its doors about two years ago.

But that didn't stop a bowlers from Port Colborne from showing the rest of Niagara just how good they are at the sport. Last

Saturday, the Port Colborne Special Olympics Ontario High Rollers took home the team championship trophy from a regional 19-pin tournament held at Parkway Lanes in St. Catharines.

Coach Linda Sonnenberg said the High Rollers beat out teams from Welland, Niagara Falls and St. Catharines for the trophy. "There were approximately 200 bowlers there," she said.



ALLAN BENNER Staff Photo

The regional champion Port Colborne Special Olympics Ontario High Rollers 10-pin bowling team include, front row, from left, Willie Nelson, Bob Crossey, Eva Marie Bergeron, Lynn Book; middle row, volunteer Carol Demrau, coach Linda Sonnenberg, Braden White, Joy Levellie, Brian Stokes, P.J. Bolger, Jodi Olm; back row, Scott Austin, Gord Gunn, Martin Bergeron, and Adam Deschamps. Absent from photo are Neill Besseling, John Deterberis and Leigh Hanson.

Coach Linda Sonnenberg said she was extremely proud of her bowlers, adding the team worked hard for the title at weekly practices held from September to May at Bowl-o-Rama Lanes in Welland.

Sonnenberg said she was extremely proud of her bowlers, adding the team worked hard for the title at weekly practices held from September to May at Bowl-o-Rama Lanes in Welland.

Since the national games are being held this year, the regional championship didn't qualify the team to move on to the provincial level.

In addition to the overall team performance, several team members earned individual medals at the regional tournament in St. Catharines.

Earning first-place medals were Willie Nelson, Eva Marie Bergeron, Neill Bes-

eling and Leigh Hanson, while silver medals went to Scott Austin and Joy Levellie, Martin Bergeron.

John Deterberis, Jodi Olm, and Brian Stokes earned third-place medals.

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■ SARAH MALONEY: Port woman worked on War of 1812 project

Making history more accessible

InPort News Staff

PORT COLBORNE — Sarah Maloney has a passion for history.

You can hear it in her voice and see it in her eyes as she talks about the project she's been working on for the past several months.

The Port Colborne resident, who has a master's degree in history from the University of Western Ontario, was one of two people hired to by Brock University to carry out its 1812 Online Digitization Project.

"It's exciting because I got to see, handle and examine all of Niagara's hidden 1812 gems."

Niagara is rich in 1812 history, a lot happened in the area," the 24-year-old Maloney says.

"A good portion of what museums have is in storage. This project allows people to see everything there is to see. There's nothing hidden away."

"It brings the War of 1812 to life."

In the work carried out, Maloney and the other assistant on the project took more than 20,000 photos of artifacts and documents from RiverBrink Art Museum, Grimsby, Museum, Jordan and Grimsby Museum, Port Colborne Historical and Marine Museum, Niagara Historical Society and Museum and Niagara Falls museums, which includes Lundy's Lane Historical Museum.

One thousand items revolving around the war will eventually be online at 1812dig.ca and the Niagara War of 1812 website as well. More than 800 items can be seen on those websites now and the project wraps up at the end of the month.

After graduating from Western, Maloney was interning at the Niagara Historical Society and Museum in Niagara-on-the-Lake with the 1812 collection that museum.

She heard about the Brock project, applied for and got the job.

She's excited about putting everything

online through the project.

"Online is good for people who can't get to the museums. People from all over the world can look and see what local museums have to offer and get the information out there," she says.

"It's very important as the bicentennial of the war gets closer and people start to become more interested."

With artifacts and documents online, she says students — or anyone, for that matter — conducting research can find what they need in a matter of seconds.

"It feels so good to be almost done. People have already commented on some of them."

One of those items online is the Graybile Blacksmith Ledger from the Port Colborne Historical and Marine Museum.

The book, which is a copy of the Graybile ledger with handwritten ink entries from 1791 to the mid-1800s, is believed to have originated in Pennsylvania with the Graybile family and ended in the Niagara Peninsula with John Graybile.

Maloney says the document shed light on the time period.

"History is more exciting when you work with primary documents. Those documents give you a look at what was happening."

"She says that at the time of the war, Port Colborne was one-third Mennonite, one-third Quaker and one-third other. Because of their religious beliefs, Mennonites did not serve in the military."

"The Mennonites had to get exemption letters to prove they were Mennonites."

While Niagara has a rich military history around the War of 1812, Maloney says artifacts and documents in Port Colborne, Jordan and Grimsby museums give a look at the non-military aspects of life around the time.

She hopes to pass on some of that information when she speaks to a history class at Lakeshore Catholic High School.

For someone so passionate about history now, Maloney admits she was only "somewhat interested" in it during high school, despite being surrounded by it as a child.

When the Maloney family went on trips, her father, former MP John Maloney, would make stops at museums and historical sites.

And when she first started at Western, her interest was more in European history than Canadian history.

"A professor at Western had a Canadian history and I wanted to do something with it."

While working toward her degree, Maloney wasn't sure what direction she wanted to take, the academic side or public side, the side that presents history to people.

She did public and hopes one day to work at a small museum.

"History is all about how you present it and how it is used by the public. It's about how you engage the public."

Maloney hopes to engage the public at Port Colborne's museum, where she was just hired on a part-time basis.

She is working on the Bowlines collection, a collection of items and artifacts recently donated to the museum, and whatever else the museum has for her.

"I'll be setting up an 1812 exhibit at city hall."

And when not working at the museum, Maloney will be coaching a team in the Sir John Colborne with Soccer Club. She's also a coach in Port Colborne Optimist Youth Basketball.

"I played a lot of soccer and basketball. I played soccer at Lakeshore and for the St. Catharines Jets. I was always involved in sports, which I make sense to give something back."

"I like working with children and teaching them something they may not know a lot about."

Over the years, Maloney has also volunteered her time at Port Colborne's community Christmas dinner and while studying university in London, Ont., she worked with a charity club at university.



Sarah Maloney



CITY OF PORT COLBORNE

NOTICE

FARMERS' MARKET

There will be no Farmers' Market on Good Friday, April 2nd, 2010

FARMERS' MARKET
will be held on

THURSDAY, APRIL 1st, 2010

Ashley Grigg
City Clerk

INPORT NEWS

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■ FLOWERS: Help support cancer research



DAVE JOHNSON Staff Photo

Sharon Leaver, Canadian Cancer Society Daffodil Days committee member, shows some of the daffodils that will be on sale this weekend across the city. Funds raised from sale go toward cancer research.

Daffodils on sale to help raise funds for Cancer Society

InPort News Staff

PORT COLBORNE — It's that time of year again. Canadian Cancer Society's annual Daffodil Days fund-raising campaign is under way and you can purchase them at a number of locations in the city.

Since the daffodil campaign started 50 years ago, hundreds of millions of dollars have been raised for cancer research, which has made a difference in many lives.

Sharon Leaver, of Attic Treasures and Baskets, says the flowers will be on sale for \$7 per bunch, with 10 flowers in a bunch, or \$12 for two bunches.

Small flowers are selling at \$1 a stem and daffodil pins are \$4 each.

Locations in Port Colborne where they can be purchased, from March 26 through 27, are Attic Treasures and Baskets, 149 Clarence St., Food Basic, Port Colborne Home Hardware And Building Centre on Davis St., Boggio Pharmacy and the gift shop at Port Colborne General Hospital.

■ O'REILLY'S BRIDGE: Questions raised about safety of span

New bridge will sit higher than old one

InPort News Staff

PELHAM — Motorists will roll across a new O'Reilly's Bridge by the end of November.

A \$2.8-million project to replace the 106-year-old bridge that links Pelham and Wainfleet across the Welland River is underway.

Brennan Paving Ltd. of Port Colborne has begun work on its two approach roads.

The bridge will sit higher than the current one, said Mike DiPaola, senior transportation engineer for Niagara Region. The new bridge will require an adjustment in the approaches leading to it from River Rd. on the Pelham side and Regional Rd. 27 on the Wainfleet side. The old one-lane iron frame bridge is being replaced with a flat two-lane bridge, said DiPaola.

It will include decorative stone work and a midstream pillar.

O'Reilly's Bridge was closed last January when an inspection raised questions about the safety of the bridge.

A realignment of River Rd. at the corner of Ellingham St. was planned to ease the approach to the bridge, but a series of archaeological surveys along the proposed route through farm fields found both aboriginal and 19th-century European artifacts, DiPaola said.

"Remains of early settlements are common along the river."



Wednesday April 14th, 2010 The Guild Hall

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Getting the Most Out of Job Fairs Workshop

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The Job Centre, 92 Charlotte St.

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905-834-3629

Employment Ontario programs are funded in part by the Government of Canada.



■ **BOOK SALE:** Port club holding annual sale

Looking for a few good reads – for a good cause

InPort News Staff

PORT COLBORNE — With more than 2,000 items to choose from, book lovers should be able to find what they want at Port Colborne Community Women's Service Club Inc.'s annual book sale.

Although the sale doesn't take place until the end of April, organizers Rita Ferri, Betsy Bos and Sue Nevar are looking for book donations now.

Ferri says funds raised by the sale, which has been going on for more than 10 years, are put back into the community and into various charities.

"We support things like Women's Place, childrens' organizations, the hospital and Port Colborne General Hospital. We also take care of breakfast programs at schools in Port Colborne," Ferri says.

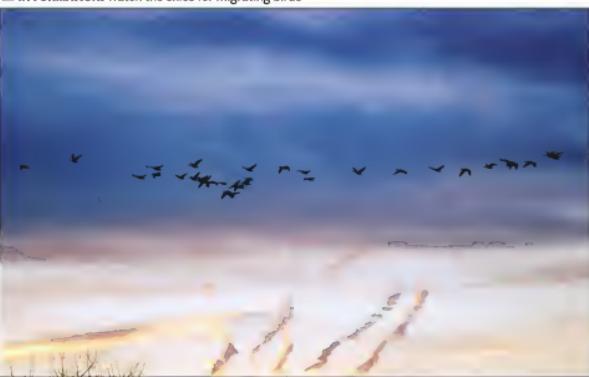
Book donations are being accepted until Wednesday, April 28. Books can be dropped at Cent're for Community Living, 100 McRae St., Port Colborne.

"Community Living has been kind enough to allow people to drop off books," Ferri says.

Ferri says the three women will pick up donations from people who can't make it to Community Living.

Items accepted for the sale are books, magazines, DVDs and gently used puzzles and games. National Geographics, encyclopedias, VHS tapes and Reader's Digest magazines or books should not be donated. The sale takes place Friday, April 30, from 6 p.m. to 9 p.m. and Saturday, May 1, from 9 a.m. to 4 p.m. For more information, contact Rita Ferri at 905-834-4211, Betsy Bos at 905-382-2268 or Sue Nevar at 905-835-5339.

■ **INFORMATION:** Watch the skies for migrating birds



DAVE JOHNSON Staff Photo

A flock of geese fly over Hwy. 58 in Port Colborne near sunset on Monday. As the weather starts to warm up and spring approaches, Niagara will start to see more birds that flocked south for the winter, headed back to summer nesting grounds. Beamer Memorial Conservation Area, located on the top of the escarpment overlooking Grimsby, is an ideal observation point for birds of prey enthusiasts to spot birds making their return.

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■ QUEEN'S PARK: Darcy Feagan to serve MPPs

New chapter for young page

InPort News Staff

PORT COLBORNE — Darcy Feagan will have a front-row seat for all the action at Queen's Park — including sometimes raucous debate during Question Period — when she heads to the legislative assembly in April to serve as a page.

The Grade 8 student at McKay Public School looks forward to the experience.

"It will be really interesting to go. I'll get to meet all the important people, to work there and learn all of the things that need to be done before a bill can be passed."

"There's so much behind the whole process," she said.

The 14-year-old's interest in the page program began after seeing a number of posters about it plastered around her school.

Darcy's parents, Mike and Mary Anne, took her to Queen's Park so they could watch went on and see what the pages were doing.

Mary Anne said they spoke with family and friends whose children have been pages and that it recommended the program.

"They all said they loved it," she said.

After watching politicians in action and listening to family and friends, Darcy set away for a package tour of Ottawa.

To get accepted, Darcy had to write an essay that outlined her achievements, involvements and suitability.

Having a grade average above 80% was also a pre-requisite — she had an 86% average last year.

"When I applied, I had to write a two-page essay and tell them why I would be a good candidate," she said.

The fact that she's in French immersion at McKay will help her understand the MPPs who speak French, and maybe even some more of the language as well.

While in Toronto, she'll be staying with family friends and will be

a 20-minute subway ride away from Queen's Park.

Milk will be a subway guide was included in a package for the pages, telling them where to stand on platforms and what to do.

But before she even gets to Queen's Park, Darcy has to memorize the names, faces and voting locations of all 107 Ontario MPPs.

"It's lucky I have a good memory," she said from the kitchen table of her family's Port Colborne home as she looked over some of the material provided to her.

On March 26, Darcy and her parents will head to Toronto for a full day of orientation.

"They'll show us what we have to do and everything about the job."

"We'll also be fitted for our uniform."

She's looking forward to meeting the other 20 pages from across Ontario she'll be serving alongside as they deliver water and messages to MPPs.

Her days in the legislative assembly between April 9 and 29 will be long.

"We start at 8 a.m. Monday through Thursday, will work until 6:30 p.m. for two days and until 4:30 p.m. the other two days. Friday we'll only be working until 3 p.m.," Darcy said.

Pages, who are paid \$15 a day



DAVE JOHNSON Staff Photo

Darcy Feagan, of Port Colborne, looks over photos of Ontario's MPPs at her family's home. Feagan, 14, is headed to Queen's Park in April to be a legislative page and has to memorize the names and faces of all 107 provincial MPPs.

and are all about Darcy's age, will be offered tours of Toronto on Friday.

While there, in addition to meeting key legislative players such as the house speaker and

party leaders, pages will also take classes in the legislative process and mathematics.

"This is a really great opportunity for our daughter," said Mike.

The family plans to head to Queen's Park one day to watch their daughter in action on the floor.

"I'm really looking forward to it," Darcy said.

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- Dentures can change shape if they dry out. When not in use, cover dentures with (room temperature) water or a denture-cleaning solution to prevent them from drying out.
- Dentures should be brushed inside and outside daily with a soft, large nylon denture toothbrush with round-ended bristles. Use denture creams instead of toothpaste, which is too abrasive and will scratch your denture. Rinse with cold water.
- Your mouth is constantly changing. Inspect your denture regularly for worn teeth and cracks.
- Be sure to visit your dentist regularly as part of your recommended check up schedule.
- Some medications can affect denture fit and wearability so be sure to discuss this with your doctor and dental professional.
- Only your dental professional is qualified to diagnose your oral health and adjust your denture or partial.
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■ MINOR HOCKEY: Wainfleet team on brink of winning back-to-back championships

A tale of comebacks for Port hockey team

BERND FRANKE
InPort News Staff

WAINFLEET — A single point is now the only thing standing between a Wainfleet juvenile team and back-to-back Ontario Minor Hockey Association championships.

Sheldon Thompson's game-tying goal with three minutes left in regulation Sunday night gave the Devons a 1-1 draw with the host Ennismore Eagles and a 5-3 lead in their best-of-five, six-point provincial final. Game 5 is Saturday at Wainfleet Arena, beginning at 6 p.m.

While the Wild, whose 4-1 victory at home to begin last weekend put them in a position to clinch the series, were in a tie in Sunday's Game 4, were a "bit disappointed" that they weren't able to take the title on the road, the tie left them with two chances to defend their championship.

"The tie gave us two shots at the title; it's ours if we win or tie, I feel pretty good about our chances," head coach Daryl Brown said Monday.

Defending the juvenile CC-C title at home, where they beat the same team last year for Wainfleet's first OMHA championship in 23 years, would also fitting since it would play to the Wild's strength as a powerhouse on their home ice.

"We haven't actually lost at home since October, so this is the kind of regular season and playoff games," Brown said.

Wainfleet feeds on its "tremendous fan support" to maintain a high level of on-ice energy.

"We receive strong support from the community. We have really great fan support."

Ennismore can boast the same claim in a series that so far has been dominated by the home team: the Eagles evened the final

at one win apiece with a 4-1 victory on their home ice in Game 2 and were three minutes away from taking the Wild in the fourth game of the series.

"They're tough to beat in their barn this year. They're really getting good support from their fans."

For Ennismore, which is near Peterborough, the exact opposite was true in the 2009 final.

Ennismore's juvenile team became the first Wainfleet team to capture an Ontario minor hockey championship since a bantam squad won it all in 1989 by beating the Eagles twice on the road.

Tyler Brown, Jon Aarts, Rich Stoner and Thompson found the back of the net for the Wild in last Saturday's victory.

MOUNT BRYDGES 7, PORT COLBORNE 2

Meanwhile, home ice hasn't been a factor at all in a novice B OMHA final between the Port Colborne Golden Puck Sailors and the Mount Brydges Cougars.

In this best-of-five series the storyline so far has been a tale of comebacks. On Saturday, Mount Brydges pelted the Sailors to the brink of elimination by scoring seven unanswered goals for a 7-2 victory that put the Cougars up 2-0 in the best-of-five series. Mount Brydges also came back to shade Port Colborne 3-2 in Game 3.

Brook Deschamps opened the scoring for the Sailors in Saturday afternoon's home game at Westside Arena, cashing in on a pass from teammate Brandon Ruch.

Port Colborne took a two-goal lead on a goal from Jakob Mundoch that was assisted by Devon Foster and Deschamps.

Game 3 goes Friday night in Mount Brydges, beginning at 8. If the Sailors can force a fourth game with a win, it would be



BERND FRANKE Staff Photo

Port Colborne Sailors forward Phillip Frey, left, beats a Mount Brydges defender to the puck in Ontario Minor Hockey Association novice B playoff action Saturday at Westside Arena in Port Colborne. The Golden Puck Sailors dropped a 7-2 decision and trail the best-of-five provincial final 2-0.

played Saturday at 2:30 p.m., also in Mount Brydges. A fifth game, if needed, would be played Sunday at Westside Arena, beginning at 12:30 p.m.

Notes: In this series, the novice Sailors are getting big-boy treatment as Port Colborne Pirates owner Tim Sobey is allowing the players to use the junior B team's dressing room. Sobey is also assisting the team

by donation water and Gatorade.
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ALONG THE LAKESHORE

SATURDAY, MARCH 27

Friends Over 55 Social Centre in Port Colborne will be holding a scrambled egg breakfast, complete with sausage, hash browns, toast, coffee, tea and juice. The breakfast runs from 9 a.m. to 10:30 a.m. and costs \$5 for members and \$6 for visitors. The centre is located at 554 Fielden Ave.

THURSDAY, APRIL 1

The Winger-Wainfleet Women's Institute is holding its annual meeting at noon with a potluck lunch in the Friendship Room at the

Wainfleet Arena. For more information contact Elizabeth at 905-899-4872

THURSDAY, MAY 6

The Winger-Wainfleet Women's Institute is holding its meeting titled making History at 1:30 p.m. in the Friendship Room at the Wainfleet Arena. For more information contact Elizabeth at 905-899-4872

AT THE LIBRARY

Express Yourself: Writer's Support Group with facilitators Gary and Kitty Roy. Thurs-

days 6 p.m. to 8 p.m. Practical advice on getting published, finding a literary agent, and copyrights. For more information contact the facilitators by e-mail at gray10@ cogeco.ca, or call the library at 905-834-6512.

Adult Knitting classes with Vicki Fretz, Tuesday, March 16th to May 18th from 7 p.m. to 9 p.m. and Thursday afternoons, March 25th to May 20th from 1 p.m. to 3 p.m. To join the knitters club call Vicki at 905-835-5373.

Rise and Shine Yoga with Heather Jones of Santoshya Studio. Beginning Wednesday, Mar. 24 to May 12th, from 9:30 to 11:00 a.m. Hatha & Vinyasa yoga, all levels. Please call 905-892-6936.

Tai Chi Can: Improve your health, well-being, balance and breathing. Mondays 6:30-8:00 p.m. in the Auditorium. Call 905-321-9536 for more information.

Films for seniors presented the first Wednesday of the month from Oct. to May @ 1:30 p.m. in the Auditorium. Free admission and refreshments.

ONGOING

Quit smoking support group, every Monday from 6 to 7 p.m. at the Port Colborne Hospital, 260 Sugarloaf St. All are welcome for the supportive and motivating environment. Contact Bridges Community Health Centre for more information at 289-479-5017 ext. 2445.

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CUT FROM ONTARIO AA BEEF OR HIGHER
NORWICH PACKERS CORN FED BEEF

CHIEF STYLE CAPLESS
PRIME RIB
ROASTS

1/2 PRICE
4⁹⁹
lb.

PUPO'S
PORK-BEEF-VEAL
GROUND COMBINATION

SAVE \$1.50 LB
1⁹⁹
lb.

FRESH ONTARIO PORK
CENTRE CUT LOIN
PORK ROAST

1/2 PRICE
2⁹⁹
lb.

FRESH MILK OR GRAIN FEED VEAL. FRESH ONTARIO LAMB AVAILABLE FOR EASTER.

Centro Meats
BONELESS
BLACK FOREST HAMS
or FOOTBALL HAMS

2⁹⁹
lb.

DELI Specials

SAVE \$1.50 LB
3⁹⁹
lb.

Black Forest
HAM

KOLBASSE

OLDE FASHIONED
HAM

Salami

MOZZARELLA

CHEESE

2⁹⁹
lb.

2⁹⁹
lb.

4⁹⁹
lb.

CUT FROM ONTARIO AA BEEF OR HIGHER
NORWICH PACKERS CORN FED BEEF
BONELESS
RIB EYE
STEAKS

1/2 PRICE
6⁹⁹
lb.

Cook's
FULLY COOKED
SPRAL SLICED
HAMS

1/2 PRICE
2⁴⁹
lb.

BECEL
MARGARINE

2 lb. tub

SAVE \$4.00
3⁹⁹
3 pkg. limit

GREEN GIANT
VEGETABLES

Pea, Cream Corn, Niblets,
Green or Wax Beans
12/14 oz can

\$1
12 can limit

OASIS
TOMATO
JUICE

48 oz. can

\$1

WONDER PLUS
BREAD
WHITE OR 100% WHOLEHEAT
670 g loaf

1⁷⁹

GREEN GIANT
Valley Selections
California, Japanese,
Baby Carrots & Carrot
30/350g bags

2⁷⁴

CARIBBEAN FROZEN
LOBSTER TAILS
8 oz. avg.

1/2 PRICE
9⁹⁹
EA.

WESTON
DINNER ROLLS
pk of 20

2⁷⁴

ROMAN
GNOCCHI RAVIOLI
OR TORTELLINI
1.5 lb. bag

2⁷⁴

Breton
CRACKERS
225g bag

2⁷⁴

Ocean Jumbo
LARGE SHRIMP
3.1/40g sizes
680g bag

9⁹⁹

OCEAN SPRAY
CRANBERRY COCKTAIL
5.65 litre

3¹⁰

BEAUTIFUL SPRING COLOURED GERBERA PLANTS \$2.49

NO. 1 GRADE CHINESE
GREEN SEEDLESS
GRAPES
2⁹⁹
lb.

NO. 1 GRADE CHINESE
SEEDLESS
ORANGES
89¢
lb.



NO. 1 GRADE OUTDOOR
FIRST OF THE SEASON
RAINBOW PACK
SWEET PEPPERS
2⁷⁹
lb.

NO. 1 GRADE CHINESE
ENGLISH
CUCUMBERS
99¢
lb.

NO. 1 GRADE CALIFORNIA
YAMS
79¢
lb.

NO. 1 GRADE ONTARIO
RED DELICIOUS
APPLES
99¢
lb.

NO. 1 GRADE CHINESE
WHITE PLUMS
OR **NECTARINES**
1⁹⁹
lb.



NO. 1 GRADE ONTARIO
GREENHOUSE
TOMATOES
2⁴⁹
lb.

NO. 1 GRADE P.E.I.
RUSSET
POTATOES
2⁴⁹
16 LB. POT BAG

NO. 1 GRADE CALIFORNIA
ROMAINE
HAVE A CAESAR TONIGHT!
99¢
lb.

■ NIAGARA CENTRAL AIRPORT

Group wants reconstruction of airport commission

WAYNE CAMPBELL
InPort News Staff

PELHAM — The Canadian Owners and Pilots Association Flight 149, which uses the Niagara Central Airport, wants a new flight plan.

In a letter to Pelham council, it asked for a reconstruction of the airport commission.

It wants a "separate governing airport authority, reporting to the municipal council, comprised of representatives of everyone in the community who has a stake in the success of the airport."

The Niagara Central Airport Commission is now made up of representatives from Pelham, Port Colborne, Wainfleet and Welland.

The four municipalities are co-owners of the airport in south Pelham along the Welland River.

They finance it through a levy that amounts to \$1 per year from each of the four municipalities.

The commission has been ineffectual, COPA Flight 149 president David Devine said in his letter.

The various changes in political representatives, and the lack of any representation from the aviation community have severely limited any real governing effectiveness, he said.

Devine believes that an effective airport commission must be represented by stakeholders, general aviation pilots, business community and municipal representatives, he said.

"Without a vested interest in the viability of the Niagara Central Airport, the long-term sustainability of the airport is in question."

Devine wants a commission comprising a member from each municipality, a member of COPA, a member from the chamber of commerce, a member from the airport's tenants and non-voting members such as a commercial aviation business rep, a community rep and an adjacent landowner.

Ward 1 Coun. Debbie Urbanowicz, Pelham's representative on the commission, told the Welland Tribune the commission has been studying restructuring for months.

The commission has also received the letter and questioned its conclusions, she said. Some users of the airport, including air cadets, were not contacted as suggested in the letter.

Urbanowicz said the commission will bring a report on restructuring and other projects the airport is involved in to the four municipalities.

It has favour a form of restructuring, she said.

Welland council received the letter and forwarded copies to Welland, Port Colborne and Wainfleet and Niagara West-Glanbrook MP Dean Allison.

The airport falls under federal jurisdiction and a change in the commission may require federal approval.

ucampbell@wellandtribune.ca


Various changes in political representatives, and the lack of any representation from the aviation community have severely limited any real governing effectiveness.

COPA Flight 149 president David Devine